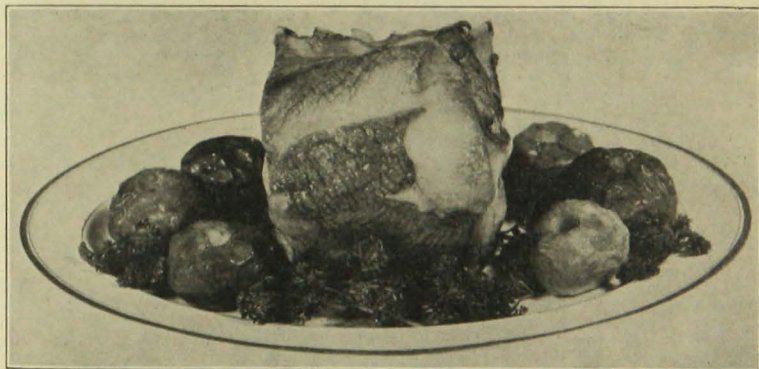


Selection and Use of Pork Cuts

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PORK LOIN ROAST READY FOR THE TABLE

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AGRICULTURAL EXTENSION DIVISION

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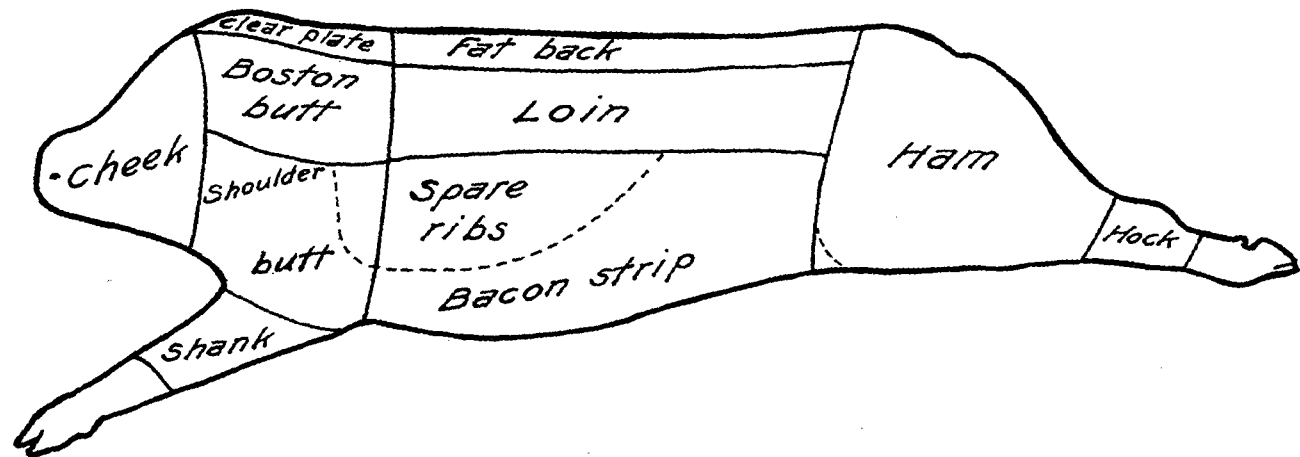


Fig. 1. Market Cuts of Pork That the Homemaker May Use

SELECTION AND USE OF PORK CUTS

The following points are considered important when purchasing fresh pork: the color of the lean should be pink, gray to red, and the bone red, especially in loins and chops; the fat should be clear white, the appearance of both lean and fat firm, and the cut should have a large proportion of lean to fat and bone. The lean should be fine-grained and have a fair proportion of intermingled fat, termed marbling. Pork that shows much variation in color of lean, fat, or bone is generally old.

SELECTION OF ROASTS

Loin is the cut most commonly used for roasts, tho cuts from the regular and skinned fresh ham and shoulder may be used. Likewise, a cut from the top of the regular shoulder, sold as a "Boston butt," or pork butt, is small and suitable for roasting (See Fig. 1).

In selecting loin cuts for roasting, the purchaser may buy the whole loin, center cut (rib or loin portion), shoulder, blade end, or loin end. The center cuts sell at the highest price, then the rib and loin ends, then the whole loin. Pork loins sold by the average retailer range in weight from 8 to 15 pounds and are the most suitable size for home use. Loins over 15 pounds are commonly sold to institutions and some restaurants, where heavier cuts are more desirable. They are sold at a lower price. In cold weather whole loins may be purchased and cut into roasts and chops, then frozen and used as desired. Freezing does not materially injure meat so long as it is thawed out slowly, preventing the loss of juices. The quickly frozen meats on the market may be thawed quickly.

Crown roast is a pork loin roast "dressed up." Two rib portions of pork loin are used. The ribs are Frenched¹ and the backbone removed, leaving only a portion of the rib in the roast. The roast is fashioned into a crown, and the two ends are stitched to hold it in shape. For cooking, see page 8.

Fresh hams from small hogs make a change in the menu. They sell at a little higher price than the loin but there is less waste, so the edible portion costs no more. If the ham is too large for a roast, a few slices may be cut off for steak.

Fresh shoulder roasts range from 7 to 15 pounds. If a shoulder roast is too large, a few chops or steaks can be cut from it and the rest roasted. The shoulder costs less than the loin. The meat from the shoulder is coarser in texture than that of the loin, but has a good flavor. Shoulder roasts are more easily carved if they are boned. When boned, they may be filled with bread-crumb dressing and rolled. (See page 8.)

¹ "Frenching" a pork rib means that 1 to 1½ inches of the lean and fat on the end of the rib is removed.

Rolled shoulder, fresh ham, or pork butt may be found on the market. Rolled roasts are easily carved, and they may be purchased in any quantity desired, making it possible for the small family to have such roasts. Boneless cuts require a longer cooking than those with bones.

A cushion-style roast is made from the square-cut pork shoulder. The retailer bones this cut, opening up two sides to remove the bone, after which one side is stitched and the other left open for a filling of dressing or apple. For cooking, see page 7.

Pork butts or Boston butts make excellent roasts. They are next to the rib end of the regular loin but include part of the shoulder blade. They cost from 3 to 5 cents a pound less than the loin. Butt roasts may be from 4 to 8 pounds in size. They may also be purchased as boneless butts or rolled.

Pork tenderloin is considered a delicacy, as the meat is very sweet and tender. Compared with other cuts of pork the initial cost is high, but there is practically no waste. There is only a small quantity of tenderloin in each hog, each piece weighing from $\frac{1}{2}$ to $\frac{3}{4}$ pound.

ROASTING PORK

Use of Meat Thermometer

To take the "guess work" out of meat cookery, a thermometer should be used and the meat cooked to a definite interior temperature. The use of a thermometer is more accurate and more satisfactory than roasting a certain number of minutes per pound of meat, because the time for roasting differs with the oven temperature, the cut used, the age of the animal, the size of the roast, and the amount of fat, bone, and gristle.

There are several types of meat thermometers on the market, but they are all used alike. The thermometer is inserted so that the center of the bulb reaches the center of the meat (see Fig. 2). Care should be taken that the bulb is in the lean of the meat, not touching the bone or fat. A metal skewer can be used to make a hole in which to insert the thermometer. When the thermometer registers a certain temperature the meat is properly cooked. Through experiments, the proper temperatures for different meats have been determined.

Interior Temperature for Fresh Pork Roast

Pork should always be cooked to the well-done stage because it may contain parasites called trichinae. A temperature of 137 degrees F. is sufficient to destroy the trichinae, therefore an internal temperature high

enough to cook the pork well done will always destroy the parasites. The flavor is better when pork is cooked thoroly.

Pork is well done if the meat thermometer reaches 185 degrees F., whether the roast is loin, fresh shoulder, fresh ham, or butt.

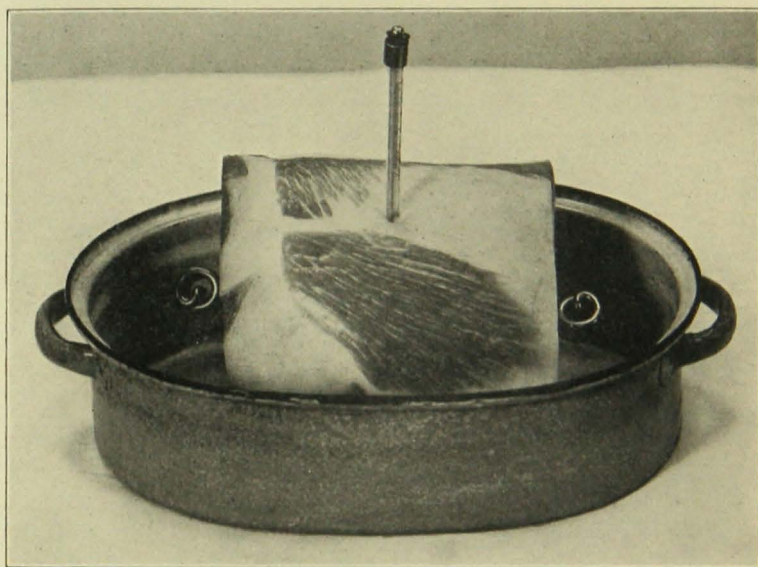


Fig. 2. Pork Loin Roast, Ready for the Oven, Showing Thermometer

QUALITY OF ROASTED PORK

In experiments carried on by the Division of Home Economics at University Farm, the following conclusions were reached:

Covered or Uncovered Roasts?

Roasts cooked in an open pan were judged more attractive and of better flavor than those cooked in a covered pan.

Water or No Water?

When comparing roasts cooked with and without water, those without water were considered juiciest and best flavored.

When Shall Roasts Be Salted?

Shall roasts be salted at the beginning or the end of cooking is a much discussed question. The statement is made that salt draws out the juices, therefore roasts should be salted when they are done. Salt does draw out the juices, but in a roast little surface is exposed and juices that come out are eaten in the gravy, so no nutritive value is lost.

Salt does not penetrate roasts to any great extent but many like the flavor of the roast when salted at the beginning. For pork roasts, $\frac{1}{2}$ teaspoon of salt per pound may be rubbed into the roast after placing it in the roasting pan. A small amount of cinnamon or ground cloves mixed with the salt improves the flavor of pork.

Floured or Unfloured Roasts?

The unfloured roasts were a little more desirable than the floured. Floured roasts are more likely to scorch. The gravy of the floured roast had a better color, but this effect may be had with the unfloured by browning the flour in the fat before adding water when making the gravy.

Shall Roasts Be Basted?

When roasts were cooked with and without basting those that were not basted were more desirable.

Shall Roasts Be Seared or Not Seared?

Searing has always been thought to be essential in roasting meat in order to keep in the juices and improve the flavor and appearance by coagulating the outside protein. Experimental work has shown that roasts that are seared lose slightly more than those not seared; that searing develops the aroma, improves the flavor on the outside of the meat, and improves the external appearance.

A roast cooked without searing at first often becomes brown enough to be attractive; if it is not brown enough, the heat may be increased for the last five or ten minutes.

The answer, therefore, to "shall roasts be seared or not seared" is: Roasts may be seared, or they may be cooked at a constant temperature. It takes less fuel to cook at a constant temperature.

Pork Cuts Suitable for Roasting

	Approximate weight
Loin—whole	10 to 12 pounds
Loin—rib end	3 to 4 pounds
Loin—center	3 to 4 pounds
Loin—loin end	3 to 4 pounds
Fresh ham—whole	10 to 15 pounds
Fresh ham—roll	2 to 10 pounds
Fresh shoulder	10 to 14 pounds
Pork butts or Boston butts.....	4 to 6 pounds
Tenderloin	$\frac{1}{2}$ to $\frac{3}{4}$ pound
Crown roast	7 to 10 pounds
Cushion roast	4 to 8 pounds

How Should a Well-Cooked Pork Roast Look?

Roasts that are most pleasing in appearance are a uniform brown, neither too light nor too dark. The crust is crisp but not hard. When carved, the inside is grayish white without even a tinge of pink. The slices are firm, juicy, and tender, not dry or crumbly. The juices are a delicate yellowish brown without a pink tint, when the roast is well done.

Instructions for Roasting Pork

Preparation.—Wipe roast with a damp cloth, place on a rack in an uncovered pan, without water, and rub with salt ($\frac{1}{2}$ teaspoon for each pound of meat). A loin roast does not need to be placed on a rack.

Seared roast.—Sear the roast in a very hot oven (450° F.) until the meat is nicely browned (15 to 20 minutes), then reduce the temperature to that of a slow oven, 300° F. Cook according to time given in Table 1 or until the meat thermometer registers 185° F.

Unseared roast.—Place the roast in a slow oven (300° F.) and cook according to the time given in Table 2 or until the meat thermometer registers 185° F. If not brown enough, raise heat or brown under broiler.

Small roasts require more time, proportionally, than large ones, and roasts without bone more time than those with bone.

Table 1.—Cooking Time for Pork Roasts Seared at 450° F. and Cooked at 300° F.

Cut	Weight	Cooking time plus searing time
	pounds	minutes per pound
Loin—center cut	3 to 4	30 to 35
Loin—rib or shoulder ends	3 to 4	45 to 50
Shoulder—whole	12 to 14	25 to 30
Shoulder—boned and rolled.....	4 to 6	35 to 40
Pork butt	4 to 6	40 to 45

Table 2.—Cooking Time for Pork Roasts Cooked at 300° F.

Cut	Weight	Cooking time
	pounds	minutes per pound
Loin—whole	12 to 15	15 to 20
Loin—center cut	3 to 4	30 to 35
Loin—rib or shoulder ends.....	3 to 4	45 to 50
Fresh ham	10 to 12	40 to 45

Cushion Pork Roast

Time: 35 to 40 minutes per pound—3 to 6 pounds

Rub salt on inside of cushion roast.

Fill lightly with bread-crumb dressing and fasten edges together either by lacing string across toothpicks or by sewing.

Rub salt over outside.

Bake in a slow oven (325° F.).

Bread-Crumb Dressing

1 cup bread crumbs	$\frac{1}{2}$ teaspoon onion juice
1 teaspoon salt	3 tablespoons butter
$\frac{1}{4}$ teaspoon pepper	$\frac{1}{2}$ cup water

Mix the crumbs, seasonings, and melted butter.

Add water and mix well. (Use water according to dryness of crumbs.)

Seasoning may be varied by adding summer savory, or celery salt, or marjoram, or chopped parsley, or sage, or any combination.

Apple dressing.—Add $\frac{1}{2}$ cup chopped apple to each cup of dressing.

Prune dressing.—Add $\frac{1}{2}$ cup chopped, soaked prunes to each cup of dressing.

Crown Roast

Wrap exposed rib ends with strips of salt pork, and fix with a toothpick to prevent charring. Rub with salt and fill with prune bread dressing. Place roast on a rack in pan, without cover and without water. Roast in a slow oven (325° F.) about 3 hours or 25 to 30 minutes per pound.

Remove salt pork from rib ends when serving. Garnish with glazed apple rings and parsley.

The roast may be cooked without dressing and filled with peas and carrots for serving and garnished with carrot strips.

Apple Rings

4 red apples	$\frac{1}{2}$ cup jelly (mint or cherry)
2 cups sugar	2-inch piece stick cinnamon
$1\frac{1}{2}$ cups water	10 whole cloves
$\frac{1}{2}$ cup vinegar	

Slice cored apples crosswise into half-inch slices. Cook gently in syrup made of sugar, water, vinegar, and spices, until apples are transparent. Remove from syrup. Cook syrup until thick and pour over apple slices. Cool. Fill centers with mint jelly when arranging on platter. Apple rings may be colored with coloring or cinnamon candies.

Pork Roast in Electric Oven

Wipe roast and rub with salt, $\frac{1}{2}$ teaspoonful per pound of meat. Place in cold oven with regulator set at 300 degrees F. (slow oven). For 3 or 4 pounds, cook 30 minutes per pound or until the meat thermometer registers 185 degrees F.

Oven Regulation for Electric Oven

Place roast in cold oven.

Set regulator at 300 degrees F.

Switch *upper* and *lower* elements *high* 8 minutes.

Switch *upper* element *off*.

Switch *lower* element *medium* until cooking period is nearly completed.

Switch *lower* element *off* for 20 to 30 minutes before cooking period is completed.

Pork in Pressure Cooker

Rub salt into roast, $\frac{1}{2}$ teaspoonful for each pound of meat.

Place roast in insert pan of cooker and sear for 12 minutes. Cover pan, place in pressure cooker to which one cup of water has been added.

Cover cooker and allow steam to escape for three minutes. Run pressure up to 20 pounds rapidly. Keep pressure at 20 pounds for 10 minutes per pound of meat. Turn off heat and allow pressure to go down without opening the pet cock. When the pressure reaches zero, open cooker and remove roast.

Pork Tenderloin with Dressing

$\frac{1}{2}$ to $\frac{3}{4}$ pound tenderloin 1 cup apple bread-crumb dressing

Wipe tenderloin. Split it nearly through lengthwise so that when opened and spread out it lies flat.

Rub with salt, $\frac{1}{2}$ teaspoonful to one pound of meat.

Spread apple bread-crumb dressing (see page 8) on the tenderloin, roll, and tie securely.

Place in an uncovered pan and sear until nicely browned in a very hot oven (500° F.), then reduce to a slow oven (300° F.) and bake about 45 minutes.

SELECTION OF PORK CHOPS

Three different types of pork chops can be purchased—the loin, the rib, and the shoulder. When the chops are ordered it is wise to say which is wanted, as there is a difference in the meat and in the price. The loin (see Fig. 3B) is the choicest. It contains the tenderloin muscle underlying the bone and is juicy and of excellent flavor. Care must be taken in buying the end loin chops, as they contain a flat bone that decreases the quantity of the edible portion. The end cut should be sold at a lower price.

The rib chop (see Fig. 3C) is much like the loin but has no tenderloin muscle. It, also, is juicy and of good flavor.

The rib or loin chop can be purchased single or double, the double being twice the thickness of the single and having only one bone. When cut single, every other one is without a rib bone.

The shoulder chop is larger, darker red, has a portion of shoulder blade, more fat, and is slightly coarser in texture than the rib and loin. The shoulder chop costs least per pound, the loin is highest, and the rib is between the two, tho some markets make no distinction in price. (See Fig. 3A.)

The size of pork chops differs according to the size of the animal and the thickness of the chop, therefore the number in a pound varies and chops should be ordered according to number and thickness desired. The number of single rib or loin chops per pound ranges from 4 to 8

and of shoulder chops from 4 to 6. There are from 3 to 4 double chops in a pound.

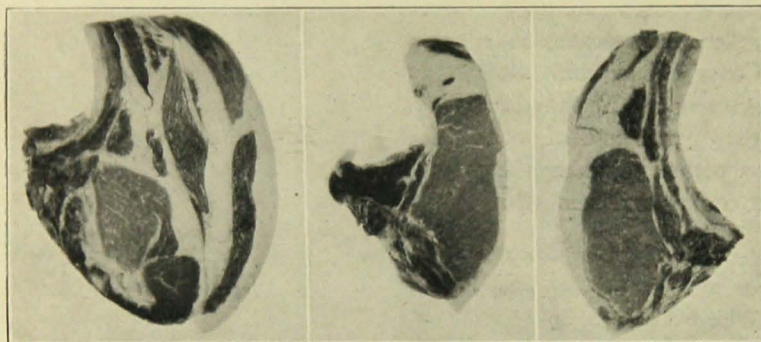


Fig. 3. Pork Chops: A, Shoulder Chop; B, Loin Chop; C, Rib Chop

Butterfly Pork Chops

A boneless, double pork chop is divided into two parts without cutting through the whole distance. The two portions are spread apart. Butterfly chops may be pan-fried.

COOKING PORK CHOPS

Pan-fried Pork Chops

Time: Single chop—20 minutes

Double chop—30 minutes

Heat a small amount of fat in a heavy frying pan.

Sear chops on both sides, and the fat along edge, until an even medium brown.

Sprinkle salt on both sides, about $\frac{1}{8}$ teaspoon on a side.

Reduce heat and cook chops slowly, either covered or uncovered, until thoroly done.

Chops are more attractive and are juicier if cooked slowly for a long time than if cooked rapidly.

Baked Pork Chops

Time: Double chop—45 minutes

The chops may be left whole, or boned and skewered.

Sear both sides and the fat on outer edge until an even brown. The searing may be done on top of stove or in a very hot oven.

Add to each, $\frac{1}{4}$ teaspoon salt and a little pepper.

Bake in a moderate oven (350° F.).

One tablespoon of brown sugar may be sprinkled over each chop before baking.

Baked Stuffed Chops

Slit on the inner edge of a double chop, along edge of rib bone, forming a pocket. After filling, fasten with toothpicks.

The following may be used to place inside the chop: bread-crumb dressing, apple bread-crumb dressing, or slices of apple or pineapple.

Bake in a moderate oven (350° F.) for about 45 minutes.

Braised Breaded Pork Chops

Time: Single chop—20 to 25 minutes

Temperature: 350° F.

Double chop—45 minutes

Trim chops.

Salt ($\frac{1}{4}$ teaspoon for each chop).

Dip twice in beaten egg and roll in bread crumbs each time.

Brown on both sides in a little fat.

Add 2 tablespoons water, cover, and cook in moderate heat on top of stove or in oven.

Pork steak may be braised in same way.

INEXPENSIVE PORK CUTS

Spareribs, back, butt, tail, feet, and neck bone are low in cost and may be made into appetizing dishes that will make a pleasant variation. They supply flavor to other foods and help to make one-dish meals, which are popular in a busy home. Any of these may be cooked with noodles, rice, sauerkraut, cabbage, rutabaga, or potato. Smoked spare-ribs may be obtained.

Pigs feet may be purchased fresh or pickled and can be jellied or cooked with vegetables.

Some of the pork parts that are not so frequently used but may be made very palatable are liver, heart, kidney, tongue, and brains. (See Circular 52.)

Spareribs with Dressing

Wipe spareribs and crack them crosswise in two places. Salt.

Place bread-crum dressing in center and fold over the two sides.

Tie together with a string or use skewers and bake in a moderate oven (350° F.) for about 45 minutes.

Spareribs with Rutabaga and Potato

2 cups rutabaga—cut in pieces

Spareribs—cut in pieces

2 cups potato—cut in pieces

Salt

Cover rutabagas and potatoes with boiling water.

Add spareribs. Cook until vegetables are done.

Remove spareribs, mash vegetables, and season.

Serve spareribs on platter with vegetables.

Pickled Pigs Feet

5 pounds pigs feet

2 cups vinegar

2 tablespoons salt

 $\frac{1}{4}$ cup allspice

1½ quarts water

Cook the pigs feet in salted water for 1½ hours, or until very tender.

Remove feet and let liquor stand until cold.

Remove fat, add vinegar and spices, and heat to boiling.

Cut meat in medium small pieces and pour the spiced liquid over them. Let stand two days before serving.

SAUSAGE

There are many kinds of sausage, but practically all may be classified under four heads: fresh pork sausage, cooked and smoked sausage, semi-dry sausage, and dry sausage.

Fresh pork sausage is made from freshly ground pork mixed with seasoning and may contain added cereals. If it does contain cereals, their presence should be indicated on the package. To retain the flavor and wholesomeness of fresh sausage, it should be used as soon as possible after purchasing. It should never be kept longer than two days, even in a refrigerator, and it should be kept at a constant low temperature.

Cooked and smoked sausage is made from cured ground beef and pork with added seasoning, stuffed in suitable casings, subsequently smoked and cooked. Certain kinds are cooked before smoking. The designation "Country Sausage" usually means that the sausage is uncooked but may be either fresh or smoked and is usually coarsely chopped.

Frankfurters, weiners, and bologna are made from only cured beef and pork and are cooked and smoked so they may be eaten without further cooking. They are improved by heating and serving hot. They may be dropped in boiling water and allowed to remain at simmering temperature until heated through.

Semi-dry sausage is made from cured beef and pork fat, with seasoning, and is stuffed in suitable casings and subsequently smoked. If made with pork muscle tissue the product must be heated to an inside temperature of 137° F. to destroy trichinae. Semi-dry sausage is eaten without further cooking.

Dry sausage is made from cured pork or pork and beef stuffed into suitable casings and subsequently smoked and dried. Drying is usually done at a temperature below 55° F. and in the presence of suitable concentration of salt for a sufficient period of time to destroy trichinae. Dry sausage is eaten without cooking. It may be kept for fairly long periods of time if kept cold.

Cooking Sausage

Special care should be taken to cook sausage until well done but not over done. This is best accomplished by cooking it slowly at a moderate temperature rather than cooking quickly at a high temperature. A moderate temperature gives a more juicy, better flavored product and there is less loss.

Sausage when cooked should have a light golden-brown color, a thin crust, and should be tender, juicy, and well done. A method which

gives minimum shrinkage should be used for cooking sausage. The following methods are good:

Cooking Link Sausage

1. Place links in a cold frying pan with two tablespoons of water. Heat slowly until the water is evaporated, turning links two or three times. Fry the links slowly for about 15 minutes, pouring off the grease from time to time and turning links frequently with a spatula or knife to avoid cracking the skin.
2. Roll links in flour and place in cold frying pan. Fry very slowly for about 15 minutes, turning frequently with knife or spatula and pouring off the grease when necessary.
3. Place sausage in cold pan, cover with cold water, bring to a boil, and then pour off liquid. Fry slowly for about 15 minutes, turning frequently and pouring off the grease as it collects.

Fried Sausage Patties

Make patties about $\frac{1}{2}$ inch thick, place in a warm pan, and fry slowly, pouring off grease as it collects. Turn once or twice during frying, using a spatula or knife.

Cook until well done, about eight minutes. If pattie is thicker than $\frac{1}{2}$ inch, cook longer.

Baked Sausage Patties

Make patties about one inch thick and place on a rack in a dripping pan or in a casserole.

Bake 35 to 40 minutes in a moderate oven (about 350° F.).

Suggestions for Using Sausage

Place sausage patties or links on Spanish rice or escalloped potatoes before baking.

Stuff green peppers or tomatoes with sausage, or with a mixture of rice and sausage.

Core apples and fill cavity with sausage and bake.

Mix sausage and canned tomatoes and bake in a casserole.

CURED PORK

The common cuts of cured pork on the market are regular and skinned hams, cottage roll, picnic shoulder, and bacon. For bacon, see "Selection and Use of Bacon," Special Bulletin 172.

Purchasing Ham

Whole hams, half, or different sections—butt end, shank, or center cut (see Fig. 4)—or a slice of any desired thickness may be purchased. The whole and half, as a rule, are the same price per pound and are less than smaller cuts. Variations in price depend upon the supply, the size, and the quality, the choicest hams being highest in price. Variations in price of parts of ham depend upon the desirability of

the cut, the center being the most desirable, hence the most expensive. The center often costs twice as much per pound as a whole ham.

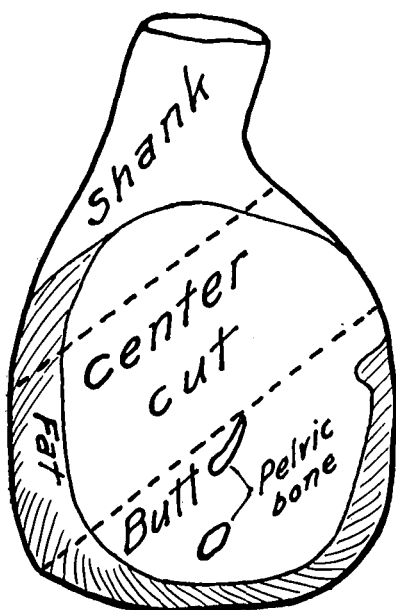


Fig. 4. Ham, Showing Market Cuts

Cuts of cured ham should be purchased according to the use to be made of them. The center cut and butt are good for baking; steaks from butt end for frying or braising. The shank is good for cooking with vegetables or sauerkraut and for chopping.

Hams range in size from 8 to 20 pounds. Skinned hams may be purchased. When ham is skinned the fat is trimmed so that it can be eaten with the lean, and there is a smaller loss in fat.

Cottage roll is a piece weighing from 2 to 4 pounds, prepared from the Boston butt without the blade bone, so it is boneless. It is cured and smoked the same as ham. Cottage rolls cost a little more per pound than picnic shoulder but

there is no bone.

A "picnic" is the bottom or shank end of the shoulder, is neatly trimmed to give the appearance of a small ham, and is cured and smoked as is ham. "Picnics" range in size from 3 to 10 pounds, 4 to 6 pounds being most popular. They cost much less per pound than regular hams and can be cooked so that they are very palatable.

Shankless picnic shoulder is cured smoked pork shoulder with the shank removed close to the body. This type of cured shoulder costs slightly more than the ordinary picnic shoulder.

COOKING HAMS

1. For cooking in water, baking, or pressure cooking, high-grade commercial hams need no soaking; other grades, most home-cured hams and all smoked shoulders, picnic shoulders, and cottage rolls are improved by soaking.

2. When cooking hams in water, start them in hot water and keep them at simmering temperature (about 180° F.). In other words, there should be no movement in the water, no bubbling. Hams cooked slowly at a low temperature are juicier and have a better flavor than those cooked in boiling water.

3. Hams left over night in the water in which they have been cooked are preferable to those taken out at once or to those left in the water only a few hours. They lose less in weight. When the meat is cooling, it is best to put the kettle in a cold place.

4. Hams are well done when a meat thermometer, inserted so that the bulb reaches the center of the ham, reads 160° F.

5. If a meat thermometer is not used, the time of cooking should be determined by the weight.

6. For baked ham, a slow oven (250° to 350° F.) is best. Hams may be started in a cold oven with the regulator set at about 300° F., when an electric or gas range is used. Gas or electricity may thus be saved.

7. High-grade hams do not need parboiling before baking. Low-grade and home-cured hams and shoulders are improved by parboiling or soaking, sometimes both.

The following methods for cooking hams are based on conclusions drawn from experimental work.

Ham—Baked

Time: 25 minutes per pound—10 to 12 pounds

22 minutes per pound—12 to 14 pounds

20 minutes per pound—14 to 20 pounds

30 minutes per pound—Half hams

Place a well-scrubbed ham on a rack in an uncovered pan, fat side up.

Bake in a slow oven (300° F.) according to time given above or until meat thermometer reads 160 to 170° F.

Take from oven, remove rind, and cover with one of the following moistened with fat from drippings:

1 cup brown sugar, or

1 cup brown sugar and 2 tablespoons flour (excellent mixture), or

1 cup brown sugar and 2 tablespoons vinegar (fruit juice or cider).

Rub the mixture on the ham, score, and stick in whole cloves.

Place ham in hot oven (425° F.) and brown 8 to 10 minutes, or brown under broiler.

Ham Cooked in Water (Simmered)

Time: 25 minutes per pound—10 to 12 pounds

Place ham on a rack in a kettle of hot water, so that the ham is just covered.

Keep at simmering temperature (180° F.) so there is no movement in the water, no bubbling.

Cook until meat thermometer reads 160° F. to 170° F., or about 25 minutes per pound.

If ham is to be served cold, let it cool in the water in which it was cooked. The kettle should stand in a cool place.

If the ham is to be served hot, let it remain in water until time for serving.

Ham Cooked in Pressure Cooker

Time: 12 minutes per pound—10 to 12 pounds

Place a well-scrubbed ham in the pressure cooker, butt end up, with skin side underneath.

Add 2 cups of water for a 24-quart pressure cooker.

Regulate the heat so that a constant pressure of 10 pounds is maintained.

Begin to count time when the pressure reaches 10 pounds, and cook ham 12 minutes for each pound.

When cooking period is finished, let steam off very slowly, not faster than one minute per pound pressure. Do not open until pressure registers zero.

If ham is to be glazed, remove the rind, cover with brown sugar and flour and drippings mixture, and brown 8 to 10 minutes in a hot oven (425° F.), or brown under the broiler.

Picnic Shoulder Cooked in Water (Simmered)

Weight: 5 to 8 pounds

Cover with water and soak over night. Place on a rack, in a kettle, and cover with hot water.

Keep at the simmering temperature (180° F.) so there is no movement in water, no bubbling.

Cook about 50 minutes per pound, or until the meat thermometer reads 170° F.

Cottage roll may be simmered 40 minutes per pound and need not be soaked.

Picnic Shoulder Cooked in Pressure Cooker

Cover with water and soak over night, place on a rack in the pressure cooker and cover with hot water.

When steam is formed, close pet cock and allow pressure to reach 10 pounds.

Cook 10 minutes for each pound, at 10 pounds pressure.

At the end of the cooking period, release the pressure very slowly, about one pound per minute. Do not open until pressure registers zero.

If it is to be served cold, allow it to cool in the water in which it was cooked.

If it is to be served hot, let it remain in water until time for serving.

Picnic Shoulder or Cottage Roll—Simmered and Baked

Soak.

Cover with boiling water. Keep water at simmering temperature (180 to 185° F.) one hour. Pour off water.

Bake in a slow oven (300° F.) for about 25 minutes per pound, or until the meat thermometer reads 170° F.

Picnic Shoulder—Braised

Soak.

Cover, in a Dutch oven or kettle, with cold water, bring to boiling point. Pour off water.

Cover and cook very slowly, about 50 minutes per pound.

Cottage roll may be braised.

If the cover is not very tight, a little water may be needed in the braising.

Ham Timbales (6 servings)

Temperature: 350° F.

Time: 45 minutes

1½ cups cooked ham

½ cup milk

2 teaspoons butter

2 eggs

¼ cup bread crumbs

Mix ham, buttered crumbs, milk, and beaten egg yolks.

Add stiffly beaten whites.

Place in well-greased molds. Place molds in a pan of water and bake in moderate oven until a knife comes out clean.

Escalloped Potatoes with Ham (6 servings)

Temperature: 375° F.

Time: 30 minutes

2 tablespoons fat

2 cups cooked potato

2 tablespoons flour

1 cup cooked ham

1 cup milk

2 tablespoons butter

¼ teaspoon salt

¼ cup bread crumbs

¼ teaspoon pepper

Make a white sauce of first five ingredients.

Place a layer of cubed potatoes in a greased dish, then a layer of ham, cover with white sauce. Repeat until dish is full.

Cover with buttered crumbs.

Bake in a moderate oven for about 30 minutes.

Ham and Macaroni (4 servings)

Temperature: 400° F.

Time: 40 minutes

½ cup uncooked macaroni

¼ teaspoon pepper

1 egg

¼ cup chopped green pepper

½ cup milk

2 tablespoons butter

½ cup chopped cooked ham

¼ cup bread crumbs

½ teaspoon salt

Cook macaroni and drain.

Add beaten egg, milk, ham, seasonings, and green pepper.

Place in a greased dish and cover with buttered crumbs.

Bake in a moderate oven for about 40 minutes.

Ways of Using Sliced Ham**Ham a la Creole**

Temperature: 350° F.

Time: 1 hour

1 slice ham (1 inch thick)

¼ cup chopped onion

1 cup tomato

Cover ham with hot water and simmer 30 minutes.

Place in a casserole and cover with tomato and onion.

Bake in a moderate oven for about one hour.

Ham with Apples

Temperature: 350° F.

Time: 1 hour

1 slice ham (1 inch thick)

 $\frac{1}{2}$ cup brown sugar

2 apples—sliced

Prepare ham as for ham a la creole.

Cover with sliced apples and brown sugar.

Bake in a moderate oven for about one hour.

Ways of Using Cooked Ham**Ham Tarts**

Temperature: 425° F.

Time: 15 minutes

Pie crust

 $\frac{1}{4}$ cup medium white sauce $\frac{1}{2}$ cup chopped ham

Make plain pie dough.

Roll and cut in circles 4 inches in diameter.

Place in each circle a tablespoon of chopped ham moistened with white sauce
($\frac{1}{2}$ cup minced ham, $\frac{1}{4}$ cup white sauce).

Fold edges together making it into a turnover.

Bake in a hot oven for about 15 minutes.

Jellied Ham

3 tablespoons gelatin

3 tablespoons green pepper

3 tablespoons cold water

4 tablespoons chopped pickle

2 cups stock

2 tablespoons chopped onion

4 cups chopped cooked ham

Soak gelatin in cold water, then dissolve in boiling stock.

Add chopped ham, pepper, pickle, and onion.

Place in a greased mold.

When stiff, dip mold in hot water and turn on platter. Garnish with lettuce
or parsley.**Ham Loaf**

Temperature: 375° F.

Time: 1½ hours

1½ pounds ham

1 cup tomato soup

 $\frac{3}{4}$ pound fresh pork

1 small onion

3 eggs

2 cups bread crumbs

Chop ham and pork.

Add beaten eggs, tomato soup, onion, and bread crumbs.

Make in a loaf 2½ to 3 inches thick.

Bake in moderate oven for about 1½ hours.

Stuffed Green Peppers (6 servings)

Temperature: 450° F.

Time: 20 minutes

6 green peppers

1 cup medium white sauce

1 cup cooked ham

2 tablespoons butter

1 cup boiled rice

6 tablespoons bread crumbs

Cut tops from peppers, remove seeds, and parboil for 15 minutes, or until
almost tender.

Fill peppers with a mixture of chopped ham, rice, and medium white sauce.
Cover with buttered crumbs.
Bake in a hot oven for about 20 minutes.

Ham Croquettes (6 servings)

2 cups cooked ham	1 egg
2 cups mashed potatoes	2 tablespoons milk
¼ teaspoon pepper	

Mix chopped ham, potato, and pepper.

Add beaten egg and milk. Mold into cylinder shape.

Roll in beaten egg and crumbs.

Fry in hot deep fat (375° F.) for about one minute.

Serve with peas.

Ham Fritters

1 egg	1 tablespoon sugar
1 cup milk	3 teaspoons baking powder
1 tablespoon fat	¼ teaspoon salt
1½ to 1¾ cups flour	1 cup cooked ham

Beat egg, add milk and melted fat, sifted dry ingredients and chopped ham.

Drop from spoon in deep fat (375° F.). Turn as soon as fritter comes to surface, and cook until done in center.

Serve with sliced pineapple.